



Cobb County...Expect the Best!

Central Aquatic Center

520 Fairground St. SE



Cobb County...Expect the Best!

Swimming Lessons Winter 2017

Swim lesson registration for Cobb County residents will be held on Saturday, November 12, 2016 @ 9 am. Weekday sessions will meet six times (twice a week) and Saturday Classes will meet for 6 Saturdays.

To register online:

- You must create an online account at <https://apm.activecommunities.com/cobbcounty/home>. Most customers who had an account on the old registration system will have an account on the new system. Please contact the pool to check on your account and information on how to log in to the new registration system.

Session 1	January 10-26	<u>Registration for Cobb County Residents</u>
Session 2	January 31 – February 16	November 12 9:00 am
Saturday	January 7 – February 18	(Non-Cobb Residents can register November 14 at 9:00am)

*Note: There will be no class on January 21, 2017.

Refund Policy: Cobb County PARKS registration fees are 100% refundable when the department cancels the activity. A participant wishing to withdraw from a class that has not been cancelled by the department must provide a written request at least 7 days before the scheduled start of the class. They may receive 100% credit to the family's account or may request a refund. Within a week prior to the scheduled start of a class refunds/credits will not be given except for verified medical/hardship cases. Refunds for payment made by cash or check will be received approximately 30 days after the refund is requested.

Adult Program **\$80.00 Cobb County Residents** **\$105.00 Non-Cobb Residents**

Adult Basics (ages 15+)

Description: This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introduces freestyle, back crawl, introduction to deep water and basic water safety.

Central	Adult Basics	7:00-7:50 PM	Tue/Thurs	S1	BC 9842
		7:00-7:50 PM	Tue/Thurs	S2	BC 9843
		1:00-1:50 PM	Sat	Sat	BC 9841

Adult Basics II (ages 15+)

This class is designed to teach adults who have successfully completed Adult Basics 1. It will teach freestyle, back crawl, introduction to deep water and basic water safety.

Central	Adult Basics II	12:00-12:50 PM	Sat	Sat	BC 9844
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Adult Stroke Development (age 15+)

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

Central	Stroke Development	11:00-11:50 AM	Sat	Sat	BC 9845
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Parent and Child Program \$40.00 Cobb County Residents \$65.00 Non-Cobb Residents

Parent Tot (ages 6 months to 3 years)

Description: A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Central	Parent Tot	8:15-8:45 AM	Sat	Sat	BC 9854
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Preschool Program \$40.00 Cobb County Residents \$65.00 Non-Cobb Residents

Tadpole (ages 3-5)

Description: This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere.

Central	Tadpole	9:00-9:30 AM	Sat	Sat	BC 9858
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Minnow (ages 3-5)

Description: This class is for preschoolers who can already put their faces in the water. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

Central	Minnow	1:00-1:30 PM	Tue/Thurs	S1	BC 9850
		1:00-1:30 PM	Tue/Thurs	S2	BC 9851
		1:30-2:00 PM	Tue/Thurs	S1	BC 9852
		1:30-2:00 PM	Tue/Thurs	S2	BC 9853
		9:45-10:15 AM	Sat	Sat	BC 9849

Seals (ages 3-5)

Description: This class is designed for preschoolers who can already swim. The coordination of the flutter kick and alternating arm strokes will be taught. Rhythmic breathing, water safety, and confidence in the water will be stressed.

Central	Seals	10:30-11:00 AM	Sat	Sat	BC 9856
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Beginner: Water Exploration (ages 5-15)

Description: This class is designed for true Beginners. This class begins at age 5 for the child with no swimming experience or a child who has a fear of the water. This class will teach floating, kicking, blowing bubbles and submersion. To complete this Level Students must be able to float on their stomach and back, submerge fully under water and kick for 2 body lengths without assistance before progressing to 'Advanced Beginner'.

Central	Beginner	11:00-11:50 AM	Sat	Sat	BC 9848
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Advanced Beginner: Primary Skills (must pass Beginner; ages 6-15)

Description: The 'Advanced Beginner' Swim Class is for children ages 6 and up who are comfortable going under water and can float without assistance. This class will build upon the skills taught in the Beginner class and introduce the Front Crawl and Backstroke. It will also include orientation to Deep Water. To complete this class and progress to 'Stroke Development' participants must swim 15 feet unassisted on their stomachs and on their backs, demonstrate taking a breath while swimming their front and be able to roll from front to back and back to front while swimming.

Central	Advanced Beginner	12:00-12:50 PM	Sat	Sat	BC 9846
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Stroke Development: (must pass Advanced Beginner; ages 6-15)

Description: The 'Stroke Development' Swim Class is for children ages 6 and up who can swim 15 feet unassisted on their front and back, using any type of rhythmic breathing. This class will build upon the skills taught in the Advanced Beginner Swim Class and introduce Breaststroke, Diving, and Treading Water. Students should be comfortable in Deep Water. To progress to the 'Advanced Swimmer' swim class students must be able to swim 25 yards Front Crawl with Rhythmic Breathing, swim on their back for 25 yards and Jump into Deep Water and Level off and swim without assistance.

Central	Stroke Development	9:00-9:50 AM	Sat	Sat	BC 9857
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Advanced Swimmer: (must pass Stroke Development; ages 6-15)

Description: The 'Advanced Swimmer' class is for children ages 6 and up who can swim 25 yards unassisted on their front with rhythmic breathing and swim 25 yards on their back using a combined arm and leg action. This class will work on stroke technique and endurance for all 4 competitive swimming strokes. To progress to the 'Pre-Competitive' Swim Class students must demonstrate 50 yards of Front Crawl with rhythmic breathing and swim 25 yards of Back Crawl and Breaststroke.

Central	Advanced Swimmer	10:00-10:50 AM	Sat	Sat	BC 9847
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Pre-Competitive: (must pass Advanced Swimmer; ages 6-15)

The 'Pre-Competitive' swim class is designed for those students who can swim 50 yards Freestyle with Rotary Breathing and 25 yards each of Backstroke and Breaststroke. This class will focus on endurance, starts, turns, and overall efficiency and technique of all four competitive strokes. There are no exit skills for this class, as students will continue to improve on their strokes through more practice.

Central	Pre-Competitive	11:00-11:50 AM	Sat	Sat	BC 9855
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